There are many little things we can do at home, school, and work to improve our community and the environment. Learn more at bit.ly/NOAATakeAction.

The Six R’s—Refuse, Reduce, Reuse, Repair, Repurpose, Recycle
While recycling is a key part of the Six R’s, it’s the last step in the process for a reason. To live more sustainably, we should first reduce the amount of waste we produce.

Pick it Up!
If you see litter on the ground, pick it up before it becomes marine debris. Be sure to scoop pet waste before rain washes harmful bacteria into nearby waterways.

Reduce Your Transportation Footprint
Bike, walk, and use public transport whenever possible. If you must drive, try to carpool and combine errands.

Turn Off That Tap
Leave more water for our streams and salmon by turning off the tap when brushing your teeth and washing your hands.

Stop Marine Debris in its Tracks
Help researchers better understand marine debris by snapping pictures of litter using the Marine Debris Tracker or Litterati app.

Check Your Plate
Want to know if that fish on your plate is sustainable? Visit fishwatch.gov to learn about sustainable seafood choices.

NOAA Fisheries and many community organizations work to clean up beaches, restore river habitats, and plant native species. By volunteering with community groups and making small changes in your daily life, you can help make our community stronger and our environment healthier.

Learn how you can make a difference!
**Adopt a Stream Foundation**
The Foundation is seeking volunteer coordinators, native plant stewards, trail botanists, and stream restoration assistants to restore and protect local watersheds.

[streamkeeper.org](http://streamkeeper.org)

**Green Seattle Partnership**
Volunteering with the Green Seattle Partnership is a great way to give back to your community, get outside, and improve the health of a local park.

[greenseattle.org/get-involved/volunteer](http://greenseattle.org/get-involved/volunteer)

**Mountains to Sound Greenway**
Join thousands of volunteers who come together to restore natural areas and improve trails to keep the Greenway healthy and beautiful.

[mtsgreenway.org/volunteer](http://mtsgreenway.org/volunteer)

**Puget Soundkeeper**
Puget Soundkeeper offers volunteer positions for many different ages and skill sets—ranging from water quality monitoring to kayak and boat patrols.

[pugetsoundkeeper.org/volunteer-opportunities](http://pugetsoundkeeper.org/volunteer-opportunities)

**Seal Sitters**
The Seal Sitters welcomes volunteers of all ages to protect marine mammals along the shorelines of West Seattle and the Duwamish River.

[sealsitters.org/you_can_help/volunteer.html](http://sealsitters.org/you_can_help/volunteer.html)

**Seattle Aquarium**
The Aquarium offers many volunteering opportunities including the Youth Ocean Advocates, Beach Naturalist, and Cedar River Salmon Journey programs.

[seattleaquarium.org/volunteer](http://seattleaquarium.org/volunteer)

**Stream Steward Program**
After attending a training on how to test water quality parameters, Stream Stewards go out in pairs monthly to run the water quality tests.

[kingcd.org/programs-stream-stewards.htm](http://kingcd.org/programs-stream-stewards.htm)

**Whale Scout**
Whale Scout volunteers work in Puget Sound to help the public watch whales from shore and encourage locals to volunteer at habitat restoration events.

[whalescout.org/volunteer-2](http://whalescout.org/volunteer-2)